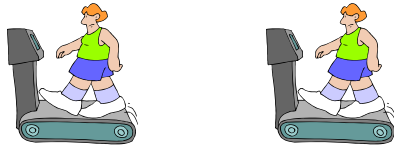


RAINBOW MESSENGER
OCTOBER, 2004



WALKING is held weekdays in the climate controlled Community Room. Come out and walk inside Monday thru Friday starting at 7:30 a.m. unless otherwise noted. If you walk 25 laps in the Community Room, you've walked one mile.



FITNESS ROOM is open from 7:30 a.m. to 3:45 p.m. Monday thru Friday in the lower level of the Arnold F. Habig Community Center. We ask you to please sign in and out at the receptionist desk whenever you use the fitness room.



BILLIARDS/POOL: You can enjoy playing pool Monday, Tuesday, Thursday and Friday from 8:00 a.m. to 3:45. We request you not **start your games on Wednesdays until 1:00 p.m.** Thanks for your cooperation.



EXERCISE CLASS: Mondays and Thursdays our Exercise Class meets at 9:00 a.m. Our exercises are ones to keep your joints limber. We finish with the "Chicken Dance" and the "Hokey Pokey". Come join us sometime!!



FREE COMPUTER ASSISTANCE:

Volunteers will be in the Center's Computer Lab on Wednesdays from 9:00 a.m. to 10:30 a.m. They are here to answer questions and sharpen your computer skills. This will be on a first come first served basis. Would you like to do more on your computer than play games?

Would you like to learn?

- To "Highlight"
- To Create Folders
- To "Copy" and "Paste"
- To "Drag"
- To "Save As"
- To "Save a Photo"
- To Send a Photo by E-Mail
- To Access your E-Mail from any computer
- To use the Google Search Engine on the Internet
- Or anything else you might want to know

GAMES: The Center has several different games for you and your friends to play. The games and cards are in our card/TV room. We also have games on our computers in the lab if you want to play them. Remember, Wednesday mornings are set aside for free computer assistance. The lower level has a regular size pool table, bumper pool table, ping-pong table and a shuffleboard court. These are available anytime except on Wednesday – please wait until 1:00 p.m. to start with these games. Thanks for your cooperation.

SUNDAYS AT THE CENTER: Would you like the Center open on Sunday afternoons? If so, it is up to you to volunteer to open. Please call the Center at: 482-4455 a week in advance to volunteer so I can get it in the paper. At this time Leon and Betty Eppler have volunteered for Sunday, October 31st.

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CRAFTY LADIES SOCIETY: Come and “Paint It” or “Craft It” and have fun with us. Learn new techniques every Tuesday from 9 a.m. – 12 p.m. Free use of supplies and all other items at cost. **Schedule for October:**

October 5th - Bats, Pumpkins & Corn

October 12th – Free Day

October 19th - Turkey Baskets

October 26th - Clay Art Ornaments



SINGING SENIORS: If you like to sing, come joins us!! We get together Fridays at 10:00 a.m. to go thru our program for the month and sing a few different songs. Come out and join us the Fridays you can.



LINE DANCING CLASSES: Come join the fun at the Arnold F. Habig Community Center on Wednesday evenings. Line Dancing Classes instructed by LaVerne Lechner, run from 6:00 – 7:30 p.m. every Wednesday evening for Dubois County Senior Citizens 55 years and older. They are designed for beginners. All persons attending should wear tennis shoes. Class sessions will cost \$3.00 per dancer, payable each session. For more information call 482-4455. Hope to see you there!!



CARD TOURNES: **Euchre Tourney** – Thursday, October 7th and **Sheephead Tourney** – Thursday, October 21st. Please sign-up by 10:00 a.m. the morning of the tourney and will consist of six (6) games each. All tourneys start at 12:00 noon. Prizes are awarded. Entry fee is \$1.00 each. Hope you will come in and join us.

BINGO: Bring your pennies for Bingo on Tuesday, October 12th and 26th. Games start at 12:00 noon. Regular games are \$.02 a card and our coverall is \$.03 a card. Someone will be in the Banquet/Community Room starting at 11:30 a.m. to count the number of cards. Please be sure to let them know how many you will be playing.

BRIDGE CLASSES: For those who signed up for Bridge Classes they will continue on Tuesday evenings thru October 19th from 7:00 to 9:00 p.m. at the Arnold F. Habig Community Center.



MOVIES & POPCORN: Come in to watch the comedy “STUCK ON YOU” with us on Tuesday, October 5th at 1:00 p.m. We will furnish the popcorn, just come in to enjoy the movie. The FAMILY VIDEO STORE donates the movie. This movie features Matt Damon, Greg Kinnear, Eva Mendes, Cher and Jay Leno.

LUNCH OUT: This month we will be going to the Mill House Restaurant for our Lunch Out. As always it is dutch treat. We will meet there at 11:00 a.m. on Wednesday, October 27th. Reservations need to be into the Center by 3:00 p.m. on Friday, October 22nd. Hope you can join us this month.

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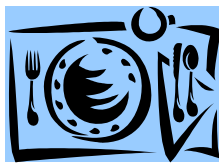


QUILTING BEE'S: We will hold the October quilting bees on **Monday, October 11th** and **October 25th**. Our quilting bees run from 9:00 a.m. to 3:00 p.m. All quilters are invited. The Center will provide lunch for all quilters. Hope you can attend.



BLOOD PRESSURE CHECKS will be held on **Tuesday, October 12th** from 11:30 a.m. to 12:00 noon.

MEDICINE COLLECTION: Once again there will be a medicine collection held in the Jasper area. This event is scheduled to be held on **Friday, October 1st between the hours of 11:00 a.m. and 1:00 p.m.** They will be located at the Jasper Fire Station (6th Street), Holland Fire Station and Dubois Fire Station. Please take advantage of this free opportunity to safely dispose of unneeded medicines. Help us keep our environment clean!!



CATERED MEAL is set for **Tuesday, October 19th** at the Arnold F. Habig Community Center. The Gasthof Village Restaurant will be catering the meal. Our menu consists of: Roast Turkey, homemade noodles, honey glazed carrots, broccoli & cauliflower, white & wheat homemade breads, whipped butter, apple butter – regular and sugar free peanut butter, decaf coffee and iced tea. Reservations are due on **Monday, October 11th** by **3:00 p.m.** Cost of the meal is: \$7.50 and payable the day of the meal. Please have the correct change. Thanks, we really appreciate it.



The Center is running a trip to the Parke County Covered Bridge Festival on **Thursday, October 14th**. The charter coach will leave the Jasper Armory at **7:00 a.m.** Sign-ups were held last month, however, we still have a few seats available. Call 482-4455 if interested. We will be returning home around 8:00 p.m.



HALLOWEEN PARTY: Join us for an early Halloween Party at the Center on **Thursday, October 28th at 1:00 p.m.** Come in costume if you wish. We will start with the costume judging at 1:00 p.m. Then we will have different games for you to join in. It wouldn't be a Halloween Party without some kind of refreshments, so be sure to come to see what we come up with!! Remember costumes are optional.

FUTURE ACTIVITIES:

CENTER'S CHRISTMAS PARTY – TUESDAY, DECEMBER 7th. More information will be in the November Newsletter. Please mark your calendars.

DERBY DINNER PLAYHOUSE TRIP – THURSDAY, DECEMBER 9TH Matinee performance to see “A HOLIDAY TO REMEMBER”. (This will be a lunch matinee.) Sign-up in early November so watch the November Newsletter for more information.

RAINBOW MESSENGER
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HAPPY OCTOBER BIRTHDAYS!

4th Hilma Stenftenagel
6th Georgina Blessinger
6th Bob Bonifer
7th Willis Bauer – St. Charles
Health Campus
9th Laretta Verkamp
19th Bert Boehm
23rd Alfred Coffey
23rd Urban Wilmes
23rd Don Krusenklau
28th Opal Giesler

HAPPY OCTOBER ANNIVERSARIES!



8th – Mr. & Mrs. Oscar Schroeder
10th – Mr. & Mrs. Norbert Lucken
12th – Mr. & Mrs. Leon Knies
17th – Mr. & Mrs. Don Krusenklau
26th – Mr. & Mrs. Elmer Burger

AARP NEWS: The Dubois County Chapter will meet on **Wednesday, October 13th** at **1:30 p.m.** at the Arnold F. Habig Community Center at 1:30 p.m. The program is playing Bingo.

The Board Meeting will be at 12:30 p.m.